

for *your* HEALTH

www.BarnesCare.com

BE ERGONOMICALLY CORRECT

Ergonomics looks at what kind of work you do, what tools you use and your whole job environment to find the best fit between you and your job conditions. Examples of ergonomic changes to your work station might include:

- Adjusting the position of your computer keyboard to prevent carpal tunnel syndrome
- Ensuring that the height of your desk chair allows your feet to rest flat on the floor
- Learning the right way to lift heavy objects to prevent back injuries
- Using handle coatings or special gloves to suppress vibrations from power tools

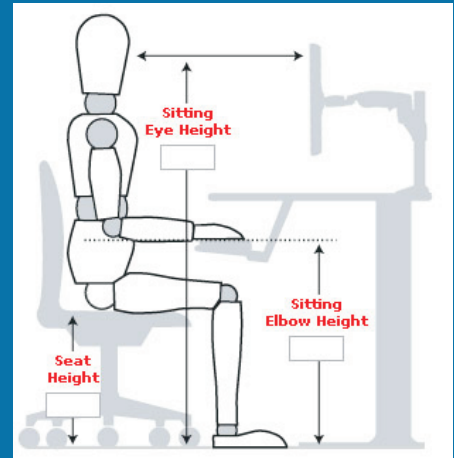
No matter what the job is, the goal is to make sure that you are safe, comfortable and less prone to work-related injuries.

Tips for Computer Users:

Repetitive and prolonged use of a computer keyboard and/or mouse can lead to muscle aches and discomfort. Try to incorporate the following tips into your work style to avoid problems.

- Sit all the way back in the chair against the backrest.
- Keep knees equal to, or lower than, hips with feet supported.
- Keep elbows in open angle with wrists in straight position.
- Avoid overreaching. Keep the mouse and keyboard within close reach.
- Center the monitor in front of you at arm's length and position the top of the monitor 2" to 3" above seated eye level. You should be able to view the screen without turning or tilting your head up or down.
- Place source documents on a document folder positioned between your monitor and keyboard or on an elevated surface close to your screen.
- Use good typing technique. Float arms above the keyboard and keep wrists straight when keying. If you use a wrist-rest, use it to support palms when pausing, not while keying.
- Customize computer settings. The screen font, contrast, pointer size, speed and color can be adjusted to maximize comfort and efficiency.
- Take eye breaks and intermittently refocus on distant objects. Try keeping your eyes open and covering them with the palms of your hands to reduce eye fatigue.
- Work at a reasonable pace and take frequent stretch breaks.

3 Ergonomic Posture Suggestions



In recent years, ergonomists have attempted to define postures that minimize unnecessary static work and reduce the forces acting on the body. All of us could significantly reduce our risk of injury if we could adhere to the following ergonomic principles:

- 1** All work activities should permit the worker to adopt several different, but equally healthy and safe, postures.
- 2** Where muscular force has to be exerted, it should be done by the largest appropriate muscle groups available.
- 3** Work activities should be performed with the joints at about mid-point of their range of movement. This applies particularly to the head, trunk and upper limbs.

